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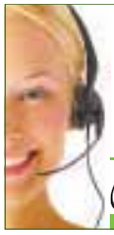

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ZOE SALDANA DREW ON PAST STUNT-WORK EXPERIENCE TO BRING THE 'GRACEFUL' ALIEN ASSASSIN GAMORA TO LIFE FOR GUARDIANS OF THE GALAXY PAGE 9

A BRIDGE TOO LOW

Traffic was backed up on eastbound Portage Avenue on Tuesday afternoon after a semi got stuck under a rail bridge near Empress Avenue around 1:30 p.m. No one was injured in the accident, which saw the semi's trailer load catch the bridge after the truck itself passed under, sliding the container backward on the flatbed. The semi was removed by 3 p.m. SHANE GIBSON/METRO

Fast-track flood projects: Tories

Province's $300M plan. NDP counters that work is well underway on new outlet to drain water from Lake Manitoba

Manitoba Opposition Leader Brian Pallister is accusing the NDP government of dragging its feet on flood-prevention projects, but the government says Pallister seems unaware that preliminary work is well underway.

Pallister says a new outlet to drain water from Lake Manitoba, proposed after severe flooding in 2011, should be completed within three years because federal rules governing such projects have been eased. The province has said seven years is a more realistic time frame.

"Federal (environmental) regulations have been improved tremendously over the last while ... and we need to work effectively with our federal partners," Pallister said Tuesday.

"We have people ... all across this province who are facing the consequences of our lack of focus on this issue."

Emergency Measures Minister Steve Ashton said the government is making progress in its plan to build an outlet on Lake Manitoba, where high water levels this year and in 2011 have caused shoreline damage to cottage properties and roads.

The province has been looking at six possible sites for the outlet, the main component of a $300-million plan to reduce flooding in the area, and is set to narrow down the list of possibilities by early September.

"We've narrowed it down to the feasible options and ... we want to hear from people around the lake," Ashton said.

"We're in a position now of going public with a specific finding of the engineering work that's been done."

First Nations in the area still need to be consulted, Ashton said, and the government has to set aside funding and see how much the federal government might kick in.

Tory conservation critic Shannon Martin said the project should be further along by now.

"The need to increase outflow from Lake Manitoba is well-documented, yet here we are three years after the last major flood event."

THE CANADIAN PRESS

Damage in 2014

$200M

Damage from flooding this year, mainly to farmland and roads, is estimated at $200 million. The flood of 2011 cost more than $1.2 billion, although much of the money is recouped from the federal government through disaster aid programs.

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NEWS 1

Joseph Henderson

Police need help locating last 'scary clown' robbery suspect

Police have released a photograph of the last suspect wanted in connection with a terrifying strong-arm robbery near Polo Park earlier this month. The crime saw three teens assaulted and held at knifepoint for well over an hour.

The victims, two 18-year-old women and an 18-year-old man, had been shopping at Polo Park Shopping Centre on July 12, before making their way to the creek under the railway bridge just east of Empress Street and Westway to take pictures.

While there, they were surrounded by several people and robbed at knifepoint.

One of the robbers wore a "scary clown mask" during the hour-and-a-half ordeal.

Five males ranging in age between 17 and 21 have already been arrested for their alleged involvement, but police need help tracking their last suspect.

An arrest warrant has been obtained for Joseph Jordan Henderson, 18, who is wanted on four counts of robbery and three counts of forcible confinement. METRO

Joseph Jordan Henderson, 18
CONTRIBUTED

Arthur Haussermann.
Cops identify Winnipeg's latest homicide victim

Winnipeg police have released the name of the city's latest homicide victim.

Arthur Haussermann, 53, was rushed to hospital in critical condition after crews were called to a fire within a suite at the Holiday Towers highrise apartments at 160 Hargrave St. early Saturday morning.

Haussermann later died in hospital, and police are investigating his death as a homicide.

Anyone with information is asked to call police at 204-986-6508 or Winnipeg Crime Stoppers at 204-786-TIPS. METRO

Police remained on scene at Holiday Towers on Monday. SHANE GIBSON/METRO

Winnipeg International.
Airport sees spike in passengers and revenue

Winnipeg Richardson International Airport saw an increase in both passenger traffic and revenue in the second quarter, but the brutal weather this winter cut into the airport's earnings slightly.

The airport saw a six per cent spike in passengers compared to the second quarter in 2013, and revenue was up to $24.2 million from $23.1 million during the same time last year, according to numbers released by the Winnipeg Airports Authority (WAA) Tuesday.

Earnings before interest, depreciation and taxes were $11.4 million in the second quarter compared to $12.2 million over the same period in 2013. The dip in earnings was caused by unexpected costs this winter, according to the WAA.

The WAA is spending $8.2 million to repair an 11,000-foot asphalt runway at the airport, and the work is expected to be complete by the end of July. METRO

Steeves vows to swat mosquitoes if elected

Buzz off. Candidate pledges aerial spraying, changes to buffer zones

Gord Steeves says mosquitoes should be wary if he becomes Winnipeg's next mayor.

If elected, Steeves plans to push the province to let the city take the battle against skeeters to the skies through aerial spraying with no buffer zones.

"West Nile virus, malaria, dengue fever — mosquitoes have a bad reputation worldwide," said Steeves at a press conference held in the backyard of a Fort Rouge-area home Tuesday morning.

"When people come to see our new museum this fall, we do not want to be the mosquito capital anymore."

Steeves said his plan would only see aerial spraying used to fight West Nile virus-carrying Culex mosquitoes, when warranted, and stressed only organic compounds would be used.

To further endanger the lives of mosquitoes, which he said would be "public enemy No. 1" under his administration, Steeves said he'd also work with the province to see buffer zones reduced from 90 metres to 40 metres during truck spraying and only grant the zones for medical reasons.

"I do not believe that buffer zones should be allowed for political reasons," he said. "For the benefit of the greater good, choices must be made and the will of the larger majority should carry the day."

SHANE GIBSON/METRO

Mayoral candidate Gord Steeves released his plan Tuesday to wage war against mosquitoes if he's elected mayor. SHANE GIBSON/METRO

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EU sends 'strong warning' to Russia

Tougher sanctions.
Arms embargo, ban on some tech sales adopted by Europeans after lethal Malaysian airline disaster

Shocked into action by the downing of the Malaysian airliner and the resulting deaths of more than 200 Europeans, the European Union approved dramatically tougher economic sanctions against Russia on Tuesday, to be followed swiftly by similar punitive measures from the U.S.

The new sanctions adopted by the Europeans over the uprising in Ukraine include an arms embargo on Moscow and a ban on the unapproved sale to the Russians of technology that has dual military and civilian uses or is sensitive, such as advanced equipment used in deep-sea and Arctic oil drilling, EU officials said.

To restrict Russia's access to Europe's capital markets, EU citizens and banks will be barred from purchasing certain bonds or stocks issued by state-owned Russian banks, said the officials, who spoke on condition of anonymity.

EU President Herman Van Rompuy and the head of the EU's executive, Commission President Jose Manuel Barroso, said the 28-nation bloc meant to send a "strong warning" to Russian President Vladimir Putin that the "illegal annexation" of Crimea and Russia's destabilization of Ukraine cannot be tolerated.

"Furthermore, when the violence created spirals out of control and leads to the killing of almost 300 innocent civilians in their flight from the Netherlands to Malaysia, the situation requires urgent and determined response," the two top EU officials said in a statement.

THE ASSOCIATED PRESS

Canada's part

The federal government says it will impose new sanctions against Russia in the coming days over Moscow's support of rebel groups in Ukraine.

- In a statement, Prime Minister Stephen Harper says Russian President Vladimir Putin's failure to cease backing armed rebels in eastern Ukraine constitutes a genuine threat to international peace and security.
- The statement says the new sanctions would be applied against the Russian government and those closest to it.

Vancouver pharmacies the first to provide free HIV testing in Canada

Vancouver is the first city in Canada where you can take a free HIV test at a pharmacy.

Vancouver Coastal Health (VCH) and Providence Health Care announced Tuesday that they're piloting the feasibility of local pharmacies offering HIV tests by introducing the test at two Vancouver Medicine Shoppe locations.

"A few years ago, evidence became really compelling that diagnosis at the earliest possible moment is beneficial to patients and their partner," said VCH medical health officer Dr. Reka Gustafson. "We began to greatly expand the availability of HIV testing in health-care settings and also outreach settings. It's had a tremendous impact."

But the health-care system continued to see the infection spreading among young people — who rarely see a doctor or visit hospitals — at concerning rates. So in an effort to make the test as accessible and easy as possible, they decided to launch the pilot project.

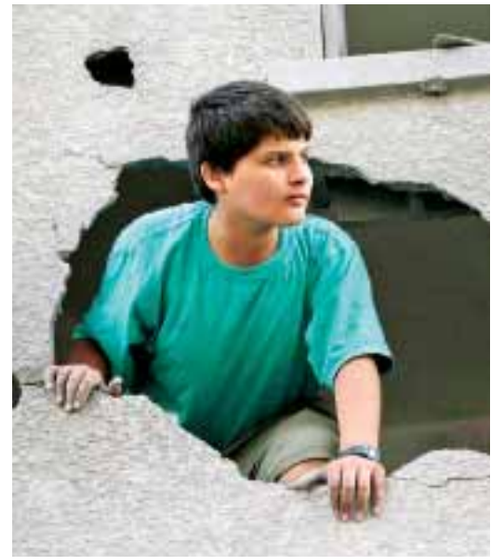
Pharmacy manager Santosh Meher holds up a pamphlet at Vancouver's Medicine Shoppe. MATT KIELTYKA/METRO

"People may know what the healthy thing to do is, but don't always do it," said Gustafson. "Now they have the option of being tested while they wait for a prescription to be filled. We've made it easy for them."

The two Medicine Shoppe pharmacies have private areas where the test can be conducted. The free Rapid HIV test is a simple pinprick blood test that identifies antibodies produced by humans when the HIV virus is present.

"It's a very good test at ruling out HIV," said Gustafson.

MATT KIELTYKA/METRO IN VANCOUVER



Israel bombards symbols of Hamas power in Gaza

A Palestinian inspects the damage to the offices of Hamas' Al-Aqsa satellite TV station, destroyed by an Israeli strike in Gaza City on Tuesday. Israel unleashed its heaviest bombardment in the three-week-old war against Hamas on Tuesday, striking symbols of the militant group's control in Gaza and firing tank shells that Palestinian officials said shut down the strip's only power plant. The fighting came as diplomatic efforts to forge a truce remained stalled, despite a death toll that Palestinian officials said rose above 1,200 on Tuesday. LEFTERIS PITARAKIS)/THE ASSOCIATED PRESS

Civil aviation

UN agency aims to toughen airline security after Ukraine disaster

The UN body that governs civil aviation says it is setting up a task force aimed at improving security measures in the wake of the downing of Malaysia Airlines Flight MH17.

The plane was shot down in mid-July by a surface-to-air missile while flying over a war-torn section of Ukraine.

Top officials from four international organizations met in Montreal on Tuesday to discuss risks to civilian aviation in conflict zones.

Raymond Benjamin, the head of the International Civil Aviation Organization, told a news conference the agency will convene a high-level safety meeting with its 191 member states in February 2015.

Benjamin said states have also been reminded of their responsibilities to address any potential risks to civil aviation in their airspace. THE CANADIAN PRESS

A SPOTLIGHT ON PATAL'S CULINARY ARTS SUMMER RECIPES

COKE CHICKEN WINGS

1 lb chicken wings
1 cup Coca Cola
2 ounces soya sauce
1 tsp fresh ginger, chopped
1 tsp garlic, chopped

Roast wings at 400 degrees, or until golden brown. Simmer all other ingredients in a sauce pan, add roasted chicken wings, simmer until sauce thickens and wings are tender.

VINAIGRETTE CUCUMBER SALAD

4 cucumbers, seeded and in a large dice
1 medium carrot, shredded
2 stalks, green onion, chopped

Vinaigrette:
4 ounces soya sauce
1 ounce sesame oil
1 tsp garlic, chopped
1 tsp ginger, chopped
1 ounce honey

Combine vinaigrette ingredients until smooth. Toss over cucumbers, half of the green onions and carrots, reserve the other half for garnish. Mix until everything is coated 1 hour before serving. Place into a bowl, and garnish with served green onions and carrots. Serve cold.

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OkCupid messing with minds for the perfect love-finding formula

Matchmakers. Website co-founder says experimenting on clients is just part of the website game

OkCupid on Monday said it messed with members' minds a bit in a bid to refine the formula for finding love at the online matchmaking service.

OkCupid co-founder Christian Rudder made a case for the practice in a blog post titled We Experiment on Human Beings, which came on the heels of criticism of Facebook for tinkering with posts to see how it influenced emotions of members of the leading social network.

"We noticed recently that people didn't like it when Facebook 'experimented' with their news feed," Rudder said.

"But guess what, everybody: if you use the Internet, you're the subject of hundreds of experiments at any given time, on every site. That's how websites work."

Rudder described how OkCupid hid profile text to find out how important words were compared to people's pictures. It also told some incompatible folks they were ideal matches to determine if the power of suggestion played into romantic equations.

OkCupid learned that words in profiles mattered little next to pictures and that telling people they were fine matches ramped up the tendency for them to agree.

"When we tell people they are a good match, they act as if they are," Rudder said.

"Even when they should be wrong for each other."

The matchmaking service also tested telling some seemingly perfect pairings they were lousy fits.

It turned out those people were inclined to defy the power of suggestion and grow enamoured of one another anyway, according to statistics posted at OkCupid. AGENCE FRANCE-PRESS

Facebook

British authorities earlier this month revealed plans to investigate Facebook over an experiment that manipulated the feelings of users, as the social network apologized for its poor handling of the row.

Spending. RCMP should probe former premier's flights: Opposition

Alberta's Wildrose Opposition says there should be an RCMP investigation into former premier Alison Redford's use of government aircraft.

Wildrose finance critic Rob Anderson says the public has an expectation that politicians that may have broken the law should be investigated.

A CBC News report says the provincial auditor general found that Redford's staff blocked others from flying on government planes by booking seats in advance and then removing passenger names before printing the flight manifest.

Anderson says it appears the governing Progressive Conservatives were using the planes as "personal air limousines."

Redford resigned as premier on March 23 amid caucus complaints about lavish spending. THE CANADIAN PRESS

Then-Alberta premier Alison Redford meets with media following a March meeting of the provincial PC Party executive in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS FILE

Newfoundland

Soldiers rescue woman before truck explodes

A group of current and former military members who were on vacation in central Newfoundland put their rescue training to use as they pulled a bleeding woman from a burning truck.

Ryan Folkes and five other friends were driving between Grand Falls-Windsor and Badger on their way to go swimming Sunday when they saw smoke fuming out of the overturned vehicle.

Folkes, 26, said that as onlookers shouted for help, he and his friends administered first aid to the woman, removed her from the truck and brought her to safety just minutes before it burst into flames and exploded.

"We all took off like a shot of a gun towards the truck," Folkes said Tuesday. THE CANADIAN PRESS

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Opportunity knocks for NASA mission

Planetary explorer.
NASA's rover sets new off-Earth distance record, nears next major investigation site on the red planet

A shadow cast by NASA's Mars rover Opportunity stretches across the planet's surface in this 2004 image. THE ASSOCIATED PRESS FILE

The odometer of NASA's Mars rover Opportunity has hit 40.25 kilometres, breaking the record for off-Earth distance travelled.

NASA officials said Monday that Opportunity drove 47.8 metres over the weekend, which was enough to surpass the record held by the Soviet Union's Lunokhod 2 rover.

NASA project manager John Callas says Opportunity was intended to drive only about one kilometre and was not designed for distance. He says the rover has driven farther than any other wheeled vehicle on another world.

NASA says that if the rover hits 42.1 kilometres, it will have reached the next major investigation site that scientists refer to as "Marathon Valley" — because it will have travelled the distance of a marathon.

The Russian Lunokhod 2 rover landed on Earth's moon in 1973 and drove 38.9 kilometres.

THE ASSOCIATED PRESS

Boston

Ontario family among people recovering after boat stranded

An Ontario family is recovering in Boston after a night at sea aboard a whale-watching boat that was stranded for 17 hours off the coast of Massachusetts.

Craig Bawden, of Newmarket, his wife and two young children were among the 157 passengers aboard a Boston Harbour Cruise boat that got caught on a mooring cable Monday afternoon.

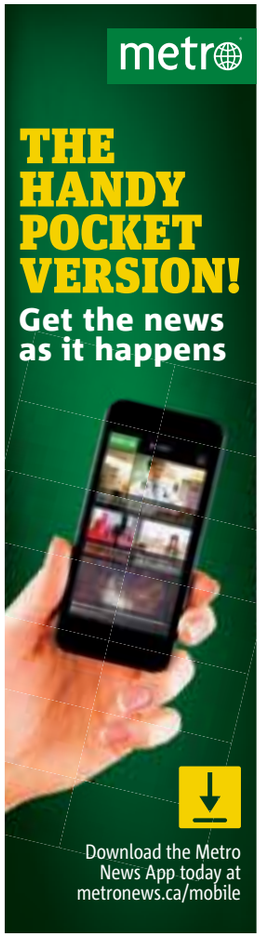
THE CANADIAN PRESS

Austria

Cows kill woman

Police say a herd of cows killed a German woman hiking through their fenced-in pasture after apparently being riled by the sight of her leashed dog.

The 45-year-old victim was rushed by about 20 cows and could not be revived. THE ASSOCIATED PRESS



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Spain is a wine treasure to be discovered. With more than 69 appellations and 400 different grape varieties, such as Albariño, Tempranillo, Verdejo, but there are many others.

In the northwest of Spain, in the province of León, Bierzo is an appellation with an increasing interest and success. A little green paradise with only 3,000 hectares of vineyards, most of them 60+ year old bush vines growing at different altitudes on the slopes of this valley. The native red grape is Mencía, an amazing red variety with not only fruity but also floral notes together with a surprising freshness. Much more delicate than one would expect from a sunny country. As far as whites are concerned, the main indigenous grapes are Godello and Doña Blanca, both different but extremely interesting. Godello for its elegance, its backbone and it's ageing capacity and Doña Blanca for its freshness. In Bierzo, the soils are as important as the grapes. Instead of blending different grapes, they usually blend grapes grown on different soils and that is what we may experience when tasting different wines produced with the same grape and ageing. Definitely an experience to remember!

The oldest winery of this green little corner of Spain is Vinos Guerra. Founded in 1879, Vinos Guerra has always produced and bottled it's own branded wines. The founder, Antonio Guerra, was a real visionary and a pioneer. Since 2012, Vinos Guerra has been working hard to design a new range of wine to refresh this company that is part of the history of Bierzo. They focused on improving the quality to reach the perfect price/quality ratio and they wanted to keep the alcohol as low as possible to get easy-to-drink wines. New labels have been designed and the results are stunning. Called "Armas de Guerra", literally "weapons of war" in this case our weapons of war are those tools used in the vineyard. Five wines already wear these "weapons" labels. A white "Armas de Guerra Blanco", which is a blend of Godello and Doña Blanca. A 100% Godello as "Armas de Guerra Godello". With 100% Mencía, they have a pale rosé "Armas de Guerra Rosado", an unoaked red "Armas de Guerra Mencía" and a four months aged in French oak "Armas de Guerra Roble". This "Armas family" will soon have a Crianza available. Vinos Guerra is already working on many other things to get back to their roots and try to rescue part of what Antonio Guerra started 135 years ago. Additional information about Bierzo & Vinos Guerra is always available at Calabria Market & Wine Store, GJ Andrews Food & Wine Shoppe and The Winehouse.

Sunset at the Vino Guerra vineyard in Spain.
IMAGE COURTESY OF VINOS DEL BIERZO

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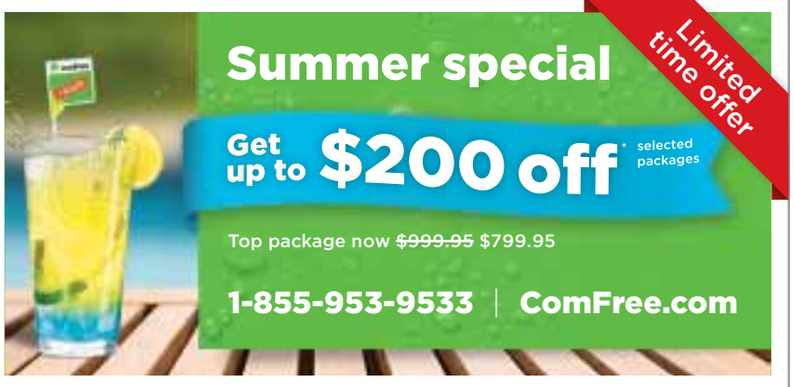
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Kosovo War. Up to 10 captives were killed for their organs: EU probe

A special European Union prosecutor said Tuesday he had "compelling indications" that up to 10 captives were killed to have their organs harvested for illegal trafficking and black-market sale during the 1998-99 Kosovo war.

The announcement was part of a presentation on a two-and-a-half-year probe, which also largely confirmed reports that there was a campaign of persecution against Serb, Roma and other minorities by some people in the rebel Kosovo Liberation Army (KLA).

Clint Williamson, the chief prosecutor, said the Special Investigative Task Force would in the future be "in a position to file an indictment against certain senior officials of the former Kosovo Liberation Army" for a series of crimes, including killings, disappearances, camp detentions and sexual violence. Williamson warned that the level of evidence was not yet sufficient to prosecute the alleged crimes.

The EU probe followed a 2011 Council of Europe report alleging that the rebel KLA ran detention camps on Albania's border during Kosovo's war for independence from Serbia. It alleged that civilian captives were killed and their organs sold as part of an illegal trade linked to senior KLA commanders.

Williamson said there are clear indications this practice occurred; however, he disagreed that there were hundreds of victims.

"Handful was meant literally — 10," Williamson said. "The fact that it occurred on a limited scale does not diminish the savagery of such a crime." THE ASSOCIATED PRESS

Serbia's war-crimes prosecutor Vladimir Vukcevic. A 2011 Council of Europe report alleges the KLA killed captives for their organs. THE ASSOCIATED PRESS

Emergency landing

Plane strikes, kills girl and her father

A nine-year-old girl who was struck by a plane that crash-landed on a beach while she vacationed with her family has died from her injuries, law-enforcement officials in Florida said Tuesday.

Oceana Irizarry's father was also killed Sunday. The two, from Georgia, were walking along a beach in Venice on Sunday afternoon when the 1972 Piper Cherokee plane made an emergency landing.

It was unclear how the plane or the debris hit the man and his daughter. Officials say the pilot radioed the airport to report he was having trouble and was planning to land on the beach.

The pilot, Karl Kokomoor, 57, and his passenger, David Theen, 60, were not injured in the crash. THE ASSOCIATED PRESS

Abortion debate

Mississippi law unconstitutional

A U.S. appeals court panel has ruled that a Mississippi law that would close the state's only abortion clinic is unconstitutional.

"Today's ruling ensures women who have decided to end a pregnancy will continue ... to have access to safe, legal care," said Nancy Northup, president of the Center for Reproductive Rights. THE ASSOCIATED PRESS

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Is sifting through email stressing you out?

Take a deep breath. Asana aims to bring tranquility (and focus) to your work day by offering an alternative to the deluge of email

Dustin Moskovitz is plotting an escape from email.

The 30-year-old entrepreneur has learned a lot about communication since he teamed up with his college roommate Mark Zuckerberg to create Facebook a decade ago, and that knowledge is fuelling an audacious attempt to change the way people connect at work, where the incessant drumbeat of email has become an annoyance.

Moskovitz is trying to turn that chronic headache into an afterthought with Asana, a San Francisco startup he runs with former Facebook and Google product manager Justin Rosenstein.

Asana peddles software that combines the elements of a communal notebook, social network, instant messaging application and online calendar to enable teams of employees to share information and do most of their jobs without relying on email.

"We are trying to make all the soul-sucking work that comes with email go away," Rosenstein says, as Moskovitz nods while sitting across from him in a former brewery that serves as Asana's headquarters. "This came out of a deep, heartfelt pain that Dustin and I were experiencing, along with just about everyone around us."

The misery keeps mounting in the corporate world, which remains an email haven. This year, each worker using a business email account will send and receive a daily average of 121 mail messages, a 15 per cent increase from 105 per day in 2011, according to The Radicati Group, which tracks email usage.

In contrast, consumers have been weaning themselves off electronic inboxes and increasingly turning to digital alternatives such as Facebook, Twitter and mobile messaging.

More email translates to less productivity as workers spend more time weeding their inboxes and puzzling over convoluted exchanges among a hodgepodge of colleagues and managers scattered in various offices — or sometimes just a cubicle away. THE ASSOCIATED PRESS

Security. BlackBerry buys anti-eavesdropping company Secusmart

BlackBerry is bulking up its security assets with the acquisition of anti-eavesdropping firm Secusmart, which developed technology to protect the smartphones of German government officials, including Chancellor Angela Merkel.

The Waterloo, Ont.-based company revealed plans to add extra power to its mobile security foundation on Tuesday at an event held in New York.

Chief executive John Chen said buying Secusmart addresses growing concerns about threats to individual privacy and national security.

"We are always improving our security solutions to keep up with the growing complexity of enterprise mobility, with devices being used for more critical tasks and to store more critical information, and security attacks becoming more sophisticated," Chen said in a news release. THE CANADIAN PRESS

Market Minute

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OIL
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Natural gas: $3.82 US (+$0.06)
Dow Jones: 16,912.11 (-70.48)

This ketchup bottle (+land) can be yours for $500,000

A "for sale" sign sits at the base of a water tower in the shape of a ketchup bottle in Collinsville, Ill., on Friday. The Collinsville water tower is a depiction of Brooks Old Original Rich and Tangy Catsup, which was once produced in the buildings beneath the tower. Now, owner Larry Eckert is seeking $500,000 US for the 65-year-old, 170-foot-tall landmark and adjacent warehouse. JEFF ROBERSON/THE ASSOCIATED PRESS

Kim Jong Un

Summer camp, North Korea style

Summer camp in North Korea has everything: giant water slides, a private beach, video games, volleyball courts — oh, and a big bronze statue of the late leaders Kim Il Sung and Kim Jong Il surrounded by adoring children.

After some on-the-spot guidance from North Korea's new leader, Kim Jong Un, and a major facelift, the Songdowon International Children's Camp reopened Tuesday for this year's flock of foreign campers: more than 300 young children and teenagers from Russia, China, Vietnam, Ireland and Tanzania.

The campers spend the eight days cooking, swimming, boating and mingling with their North Korean peers. THE ASSOCIATED PRESS

Warren Jeffs

B&B Most Wanted

Continental breakfasts are now being served at a bed-and-breakfast that has opened on the site of a sprawling, mostly unoccupied compound in southern Utah that was built for the leader of a polygamous sect.

America's Most Wanted Suites and Bed and Breakfast takes its name from Warren Jeffs' time on the list of the FBI's 10 most wanted fugitives. Accommodations in the Hildale bed-and- breakfast run from $85 to $200 US a night.

Hildale and neighbouring Colorado City, Ariz., are both home to members of the Fundamentalist Church of Jesus Christ of Latter-Day Saints.

Former Jeffs bodyguard Willie Jessop runs the bed-and-breakfast. He took ownership of the $3.6-million compound in 2013 in a successful lawsuit against the church. THE ASSOCIATED PRESS

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DOGS: THEY'RE JUST LIKE US

JUST SAYIN'

Paul Sullivan
metronews.ca

Science is a wonderful thing.

It can determine the age of the universe (13.798 billion years, if you're counting from home).

Or it can find out if your dog gets jealous.

Seriously, a study released last week proves that Fido doesn't like it when you scratch behind some other dog's ears, even if the other dog is a stuffed animal.

Researchers at the University of California (it's not, like, Harvard) did an experiment with 36 dog owners and their dogs. First, owners were told to play with a little stuffed dog that barks and wags its tail (Tickle Me Fido?), followed by one of those Halloween jack-o'-lantern treat buckets, followed by reading aloud from a children's popup book.

As you might expect, the dogs were only moderately perturbed by the book and the jack-o'-lantern, although 42 per cent weren't sure about that jack-o'-lantern. But they went all canine when their humans started messing with another dog. In fact, 78 per cent tried to push the toy dog away, and one in four actually snapped at it.

As interesting as this is, dog owners don't need science to tell them their dogs get jealous.

Before the kids came along, we had a dog named Mabel. People would ask, "Where did you come up with a dumb name like Mabel?" I replied that I should have called her Dinner, as that's the only name she'll answer to.

Mabel was not the most affectionate animal but she showed her true colours (black and tan and green all over) the day we brought the first baby home from the hospital. No nudging with her nose or snapping — she just walked into the nursery and deposited a load.

In case there was any doubt about her intentions, 18 months later, when we brought home the second baby, she did exactly the same thing — the only other incident of incontinence in her 17-year existence.

Then there was her body language. Whenever the kids were in the room, Mabel would deliberately turn her back and pointedly ignore them. They grew up traumatized.

Of course, faced with the data, the scientists are showing admirable restraint. "We can't really speak to the dogs' subjective experiences, of course, but it looks as though they were motivated to protect an important social relationship," said Christine Harris, the lead researcher.

Well, duh. Not to mention an important meal ticket. After all, there's more at stake here than a scratch behind the ears.

When you're a dog, you need your best friend more than he or she needs you. So the last thing you need is some other animal — or stupid jack-o'-lantern — competing for tasty snacks that are rightfully yours.

It's a dog's life. And there's no room for another one.

ZUT ALORS!

A rat runs next to a Maillol statue in the Tuileries Garden of the Louvre Museum in Paris, France, Tuesday. Rats have been on a rampage on the grass in broad daylight, defying death threats from sanitation workers.
FRANCOIS MORI/THE ASSOCIATED PRESS

The Ratatouille effect? Bold rodents romp around Louvre

Rats are on a rampage in the elegant garden of the Louvre Museum, so bold they romp on the grass in broad daylight, defying threats from sanitation workers and scaring tourists.

The hot weather in Paris has brought many picnicking visitors, whose garbage is a feast for the rats. And they're getting help from animal lovers who dig up poison and give them water.

Maybe it's the Ratatouille effect, with the beloved French rat Remy from Disney's computer-animated film helping real-life rats win Parisian hearts. The vermin are finding a lifeline from "people who don't want us to kill animals," said Jean-Claude Ndzana Ekani, a museum employee.

Rodents have long made Paris their home. In 2000, mice were caught picnicking on pastries in the window of the luxury shop Fauchon. To the west, moles are an ever-present problem at the Palace of Versailles — which has its own mole-catcher.

THE ASSOCIATED PRESS

Terror on the Seine

"It's horrible, we're scared of being bitten.... They're really big. Sometimes they fight each other."

Audrey Hacherez, a gardener who weeds flower beds in the formal gardens, as quoted on the theguardian.com

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metro AR

In this issue, you can find AR enhancements on page 9 in Scene, page 11 in Life and page 14 in Sports.

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metro AR

MetroTube

Save Batkid, save ourselves

ANDREW FIFIELD
andrew.fifield@metronews.ca

In the Internet's biggest (pre-World Cup) workplace productivity drag, an awful lot of us spent a November day watching San Francisco get a Gotham-sized makeover in a Make A Wish tearjerker for five-year-old Miles Scott — better known as Batkid and now in remission from leukemia.

Filmmaker Dana Nachman is hoping to take a feature-length look at Miles' unforgettable morning and is crowdsourcing the funds to complete Batkid Begins, a documentary on how the whole stunt came together. To tease potential donors, Nachman brought a trailer to this year's Comic-Con, and boy is it sweet. (deadlinehollywood/YouTube)

GETTY IMAGES FILE

metro

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Raccoon rockets to stardom

Lovable masked rogues. Real-life or animated, raccoons are making out like bandits in the movie world

IN FOCUS
Richard Crouse
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The Guardians of the Galaxy, who made their first appearance in print in 1969, bear very little resemblance to the team of superheroes who will grace the big screen this weekend.

Conspicuous by his absence in the original book is Rocket Raccoon, the heroic character voiced by Bradley Cooper in the film. The feisty raccoon appeared years later, created by writer Bill Mantlo and illustrator Keith Giffen, who named the masked creature in tribute to the Beatles' tune Rocky Raccoon.

They confirmed the Beatle's influence in 1982 with a story that paraphrased John and Paul's lyrics for the title. Called Now Somewhere In the Black Holes of Sirius Major There Lived a Young Boy Named Rocket Raccoon, the book saw the Hulk and Rocket Raccoon stop a villain from stealing Gideon's Bible.

Rocket is the latest raccoon, but not the only, to become a mammalian movie star. Recently Liam Neeson starred in the animated movie The Nut Job, playing the imaginatively named Raccoon, the patriarch of a park, who might not have the best interests of the other animals top of mind.

Guardians of the Galaxy superheroes include Rocket Raccoon voiced by Bradley Cooper. CONTRIBUTED

AUGMENTED REALITY

→ My name is Peter Quill! Scan this photo with your Metro News app for a clip of Chris Pratt in Guardians of the Galaxy.

metro AR → See the full instructions on Metro's Voices page.

Other animated raccoons have worked steadily. Meeko, the raccoon from Disney's Pocahontas and Pocahontas II: Journey to a New World cartoon also makes appearances in Mickey's Magical Christmas: Snowed in at the House of Mouse and in the Pocahontas video game. Then there's RJ from Over the Hedge, a lovable raccoon voiced by Bruce Willis. "The rascally charm Bruce Willis brought to Moonlighting makes RJ a lovable rogue, or at least a likable one," said director Karey Kirkpatrick.

Real-life raccoons are also getting work — in films like Rascal and The Details — but according to director Steve Carr they can present some problems. Tough guy actor Michael Rappaport voiced Joey, the consigliere raccoon, in Dr. Dolittle 2. The film featured more than 250 four-legged cast members, Carr says, "A huge percentage of our work was waiting for the animals to do what they're trained to do. And the patience that was needed well, it felt at times as if it were Herculean."

Cancel the stunt doubles

Zoe comes out swinging

Guardians of the Galaxy might mark Zoe Saldana's first Marvel movie, but she's no stranger to stunt work. When it came time to get fighting, the Star Trek and Avatar star had plenty of past experience to call upon. "There's muscle memory of the things I've done the past seven or eight years. I was able to kind of relax with my body and work with the stunt co-ordinators, but not excessively like I've done on other films," she says. "Chris [Pratt] was like, 'I know you're very stunt-y, but just be yourself.' Around the third take he's like, 'Take it easy, baby. There's your mark.'"

Pratt happily concurs: "She whacked me a few times. I can guarantee she can knock anybody out. She's got a very strong kick and she's not afraid to use it."

But she is concerned with exactly how she uses it, especially when bringing Gamora, an alien bred to be an assassin, to life. "I didn't want Gamora to look like any typical action person that's martial artsy, that just does those Underworld jumps and lands on the ground and it breaks. I wanted her to be a little more graceful and classy in the way she fights," Saldana explains. "She has to be seductive to trick her enemy into falling into their own death." NED EHRBAR/ METRO IN L.A.

Zoe Saldana GETTY IMAGES

Pro wrestles his demons to get in on the act

David Bautista is Drax the Destroyer in Guardians of the Galaxy. CONTRIBUTED

For David Bautista, making the switch from professional wrestler to movies wasn't easy, but it was well worth it now that he gets to be Drax the Destroyer in Guardians of the Galaxy. Still, he finds himself butting up against people's preconceived notions of him, but he's working on that, too.

If you were to take on a title like Drax the Destroyer, what would yours be?

It would be, like, David the Doofus (laughs). I don't know, I think when people see me they have a certain perception of me because of the way I look. You know, I get it — the big muscles and tattoos — but it doesn't really explain who I am. The reason I have all these muscles is because I have issues. Internally. The gym is where I found my sanctuary. It's kind of my therapy and my release. The gym is where I worked out my problems, which I've had more than my share of. But it doesn't really explain who I am, just the way I look physically. I look intimidating until you talk to me for two seconds.

That's an interesting way to go through life.

Yeah, it's a little different. And especially with wrestling, that didn't help, just perpetuated it. People want to put a label on you, and a lot of times it's based on the way you look.

When I left wrestling it wasn't easy for me to break that perception of me — especially to get in doors to audition for roles, it was kind of hard convincing people that I actually wanted to act.

NED EHRBAR/METRO IN LOS ANGELES

SCENE

Ben Affleck ALL PHOTOS GETTY IMAGES

Where have you Ben? Kevin Smith wonders what happened to bromance

Kevin Smith used to be able to count on Ben Affleck for anything — even a cameo in Clerks 2. But not anymore. "We're not f—ing tight. I have not been (close with him) in decades. That's old Ben. He's got a wife that don't care for me at all," Smith told Yahoo Movies, referring to Jennifer Garner. "And plus, honestly, he probably don't care for me at all anymore. He's a triple-A-list movie star and s— like that. If he's Jimmy Carter, I'm Billy Carter, to put it in '70s terms. And I'm not even related and s—."

That may sound rough, but Smith's rep was quick to clarify it was all "simply a joke and taken completely out of context."

Freddie's fed up: He's got 24 problems and Kiefer is one

If you're wondering where Freddie Prinze Jr. has been for the last few years, it's sitting at home and seething about Kiefer Sutherland. The She's All That star opened up to ABC News about how working on Sutherland's 24 almost drove him into early retirement.

"Kiefer was the most unprofessional dude in the world. That's not me talking trash, I'd say it to his face, I think everyone that's worked with him has said that," Prinze says. "I just wanted to quit the business after that. So, I just sort of stopped. I went and worked for Vince McMahon at (professional wrestling organization) WWE, for Christ's sake. And it was a crazier job than working with Kiefer. But at least he was cool and tall. I didn't have to take my shoes off to do scenes with him, which they made me do. Just put the guy on an apple box or don't hire me next time. You know I'm 6 feet and he's 5-foot-4."

Prinze also says Sutherland would regularly show up to work drunk and sit in his trailer for hours, keeping everyone waiting. Sutherland's rep fired back: "Kiefer worked with Freddie Prinze, Jr. more than five years ago, and this is the first he has heard of Freddie's grievances. Kiefer enjoyed working with Freddie and wishes him the best."

Freddie Prinze Jr.

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Ellen standing by wife despite wave of woes?

Ellen DeGeneres and Portia de Rossi

Despite rampant rumours of tension at home and even infidelity — not to mention a reported stay in rehab earlier this year — Ellen DeGeneres is said to be standing by her woman when it comes to wife Portia de Rossi. "Ellen is very supportive of Portia and has no intention of leaving her. Portia is her world," a source tells Radar Online. "Ellen is controlling of Portia, but she is always talking about how lucky she is to have such a beautiful wife." Reports surfaced earlier this month that de Rossi had secretly checked into a rehab facility in May to deal with alcohol and drug issues.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Chris Pratt: The incredible growing-shrinking machine

NED EHRBAR
Metro in Hollywood

Chris Pratt's waistline has been having quite the adventure. As the actor has been more than happy to discuss, he's packed on and peeled off plenty of pounds for his various roles, getting into impressive shape to play a Navy SEAL in Zero Dark Thirty (230 lbs.) then flabbing out to play a heavyset lawyer in the Delivery Man (295 lbs.), then getting buff again for Guardians of the Galaxy (225 lbs.).

Mention that some of the body image issues projected on women by Hollywood might be crossing the gender divide, and he sounds almost proud. "Are you saying that I might be responsible for giving men body issues? That's the nicest thing anyone has ever said to me," he jokes.

But seriously, folks: "I'm sure I can't relate to what females go through in Hollywood. I do know what it feels like to eat emotionally, to be sad and make yourself happy with food, and then be almost immediately sad and ashamed to try to hide those feelings with more food. It's a vicious cycle and a very real thing," he says.

"I know what it's like to have body image issues. I also know that if you just work hard and enlist the help of good coaches and be willing to work hard, you can actually change that."

And by this point, Pratt has made some of those good coaches very wealthy.

How-to

Make the airport more romantic

1. Dress things up a bit. Don't be that couple who look like they just rolled off the couch and into a cab. Make an effort to look like you actually belong in first class.
2. Speaking of which, a surprise upgrade will score you 1,000 brownie points with your mate.
3. The very second you come face to face with an oyster bar, sit down and have oysters.
4. Order a glass of champagne. The real stuff.
5. Set money aside to treat yourself at the airport with a Liberty print necktie, a new pair of Ray Bans, a silk scarf. **DOUG WALLACE/METRO**

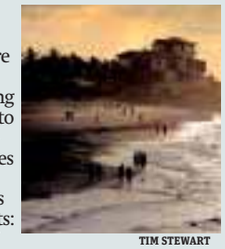
Tour

Geckos Adventures for ages 18 to 35

Young thrill-seekers with a taste for adventure but a budget for camping need to try Geckos Adventures on for size. Their simple philosophy to "run wild" can see you travelling in groups of up to 15 like-minded people in far-flung quadrants of Africa, the Middle East, Asia, and South and Central America, to name a few. You stay on-the-cheap in locally run places, camping sites and B&Bs, eat with the locals like the locals and ride public transport. Visit GeckosAdventures.com.
DOUG WALLACE/METRO

Trend

Adults-only September escapes



TIM STEWART

Latin resorts have a nickname for September: Septi-hambre (instead of Septiembre), hambre meaning hunger. When back to school hits, their hotel rooms and beaches are empty. Perfect timing for Sunwing's Adults Only discounts: up to 60 per cent off one-week all-inclusives for September departures to four- and five-star spots in Mexico, Cuba, the Dominican, Panama and more. Visit Sunwing.ca.
DOUG WALLACE/METRO

El Salvador: The best kept secret in Central America

Get there before everyone else. Passed over in favour of more popular destinations like Costa Rica, this tiny nation has plenty to offer visitors

LIZ BROWN
liz.brown@metronews.ca

El Salvador's beaches are beautiful and void of the crowds you'll see in more popular spots like Costa Rica.
LIZ BROWN/METRO

AUGMENTED REALITY

→ Scan this photo with your Metro News app to see more images from a Central American adventure; from colonial architecture to out-of-the-way waterfalls!

→ See the full instructions on Metro's Voices page.

It was a cold night in December when my pal and I popped open a bottle of wine and started planning our two-week surf trip down Central America's Pacific coast.

Stops in Costa Rica and Nicaragua were musts, as the countries boast some of the best surf scenes in that corner of the globe. But another country had grabbed our attention: El Salvador.

Everything we read talked of the unspoiled beaches, the nascent tourism industry that made your dollar stretch, and the excellent surf. It might have been our curiosity. It might have been the wine. But within the hour we had booked a flight to the capital San Salvador and exchanged a high five.

"You did what?" was my mother's response to the news. "Isn't there a war going on there?"

"Not since the early '90s, mom," I said.

Twenty years on, El Salvador is still trying to shake the violent reputation it gained from that long, brutish civil war that stretched over a decade and saw children recruited as soldiers and civilians terrorized by massacres. It's been a long recovery but the nation that has emerged is on the path towards healing and excited by the prospect of sharing its treasures with visitors.

Any trepidation we felt as we flew towards San Salvador in March dissipated when we walked out of the airport to meet a clean-cut surfer named Jaime holding a placard with our names scrawled on it.

We'd arranged the ride through Papayas, a hostel we booked in a small surf town called El Tunco, about a 45-minute drive from the San Salvador airport.

Following a stilted conversation of broken English and Spanish, he piled our backpacks into his Nissan truck and we hit the highway.

We spent three days in this little town taking surf lessons, gorging on fresh fruit and fried Salvadoran fare and partying late into the night. While we spent two weeks in Central America, we both agreed those first three days were the highlight of our trip.

Here's why you should plan your own Salvadoran adventure.

The cost

We nabbed a room with an ensuite bathroom at Papayas Surf Lodge, three minutes from the beach, for $22 a night. The beds were clean and comfortable and the lodge had a small pool and kitchen for those who wanted to cook. There are a handful of restaurants to choose from in town (the town consists of two main dirt roads where all of the eateries, shops and bars are clustered). The cost of dinner ranged from $1 for three pupusas (fried tortilla with cheese, meat and beans) from a street vendor to about $6 for North American fare from a patio restaurant on the beach. The meals washed down easily with $1.50 beers. Surf lessons are $10 an hour. Just take the main road to the beach where buff surfer boys hang out hounding you to hire them.

The empty beaches

The three days we spent in El Tunco were midweek, so we missed the weekend rush when the locals from San Salvador come out to play. That said, it was still high season in Central America (March) and at times we were the only surfers at the beach. There are some breaks further away from El Tunco for more skilled surfers, but the beach near Papayas offers a consistent mid-size wave that's perfect for learning with the added bonus you don't have to worry about running a kid over with your board (a very real risk at some of the more popular spots in Costa Rica). This isn't a white sand Caribbean beach — it's pebbly and dark with volcanic rock — but the waves are good and the sun shines.

Why earning a wage while being educated is worth every penny

Success in the sit-down. In addition to the extra cash, there are many upsides of working as a student

RIANA TOPAN
TalentEgg.ca

There's value in having to take your mind off stressful studies a couple of times a week. ISTOCK

As a student, you're perpetually short on time —there are always readings to do, exams to study for, events to attend, friends to see.

If you don't have to work while you're in school, it's understandable that you wouldn't want to.

But if you have the choice, I urge you to consider taking on a part-time job even if it's only for a few hours each week. Here's why:

You'll become really good at using your time well

Being busier overall can actually make you more productive, since procrastinating simply isn't an option.

It will also help you to improve your time-management skills since you'll have to learn how to be smart with your time to succeed at both school and work.

The work experience you gain will be invaluable

Even if it's not related to what you plan to do after school, a part-time job will give you real-world experience that you just can't get from a textbook or a lecture.

Plus, it's a chance to try out jobs you're considering for your career. You could learn more about what you do (or don't!) want to achieve professionally.

Networking and building long-term professional relationships

Some of the most influential people I've ever met have been my employers, and I've built relationships with them that have lasted for years.

They've been good friends and great role models and have given me good references to boot (something I was very thankful for when I started looking for work after finishing my undergrad).

It might even help you to recharge

They say that a change is often as good as a rest — working will give your mind a break from school, which will help you feel refreshed when you hit the books after a shift at work.

You'll get more than just a title

You'll develop useful skills that will help you later on in your career, from learning how to perform well in an interview and understanding the importance of professionalism in a work environment, to improving your customer service skills or learning how to use a photocopier.

Staff privileges

Many jobs come with perks like discounts on merchandise or free food and drinks during your shift, which can help you to save some of the precious money you're earning.

- So if you're thinking about whether or not you want to take on a part-time job, make sure you consider the non-monetary benefits to working while you're still in school.

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How Tweet it is to be employed by you

Hashtag hired. Find Insta-nt success in the social media job sphere with these key skills

LAUREN MARINIGH
TalentEgg.ca

The number of major social media platforms is rapidly growing. How many are you a part of? ISTOCK

In this day and age, who wouldn't dream of working in the popular field of social media?

Job opportunities in social media have started to grow in popularity among the millennial generation — and many organizations have a high demand for professionals in this area.

There are a number of skills that can make you an asset in this field, and many of them require just a little investment of time and energy outside the classroom.

Strong writing skills

While social media professionals often tackle a number of small writing tasks (think: 140 characters) instead of large ones, you'll still need excellent writing skills to get ahead in this field.

In addition to being a grammar wizard, you'll also need to communicate effectively using the written word.

This is a key skill for any career, but when you're the person behind a brand's online presence, it is absolutely mandatory that you be able to write effective and engaging content.

Customer service skills

You might not think to connect your experience in customer service with a job opportunity that involves social media.

However, careers in social media involve dealing with the public all the time.

While you may be connecting with people from the other side of a screen, knowing how to deal with different customer inquiries and complaints is vital to your continued success.

Dedication & passion

Working in social media is not a nine-to-five job.

You will often have to work around the clock and on weekends. The online community never sleeps, and neither do your fans and customers.

This is particularly true if you work for a business that is open seven days a week.

There's good news. If you're dedicated and passionate about social media and community management, it won't feel like work to be constantly tuned into your social media channels; it should be second nature.

Willingness to learn

Social media is rapidly changing.

Since you've started reading this article, it's probably already changed in some way, shape or form, or a new trend has appeared. If you plan on pursuing a career in social media, you'll have to be ready to keep up.

If you're looking for a career where your learning stops the minute you graduate school, social media isn't for you.

You can't be an expert in social media without staying up-to-date — and you have to be willing to accept that.

Personality

You have to have personality in order to be a social media professional. Why?

- To represent the brands and organizations you're working for, you're going to have to channel several different personalities.
- Sometimes you may need to be casual, and at other times you may need to be corporate. A social media professional one must be able to assume any sort of personality, voice and tone thrown their way.
- A big part of getting started in social media is balancing learning and experience. While there's no substitute for hands-on work, it's important to plan your career with the major skills you'll need in mind.

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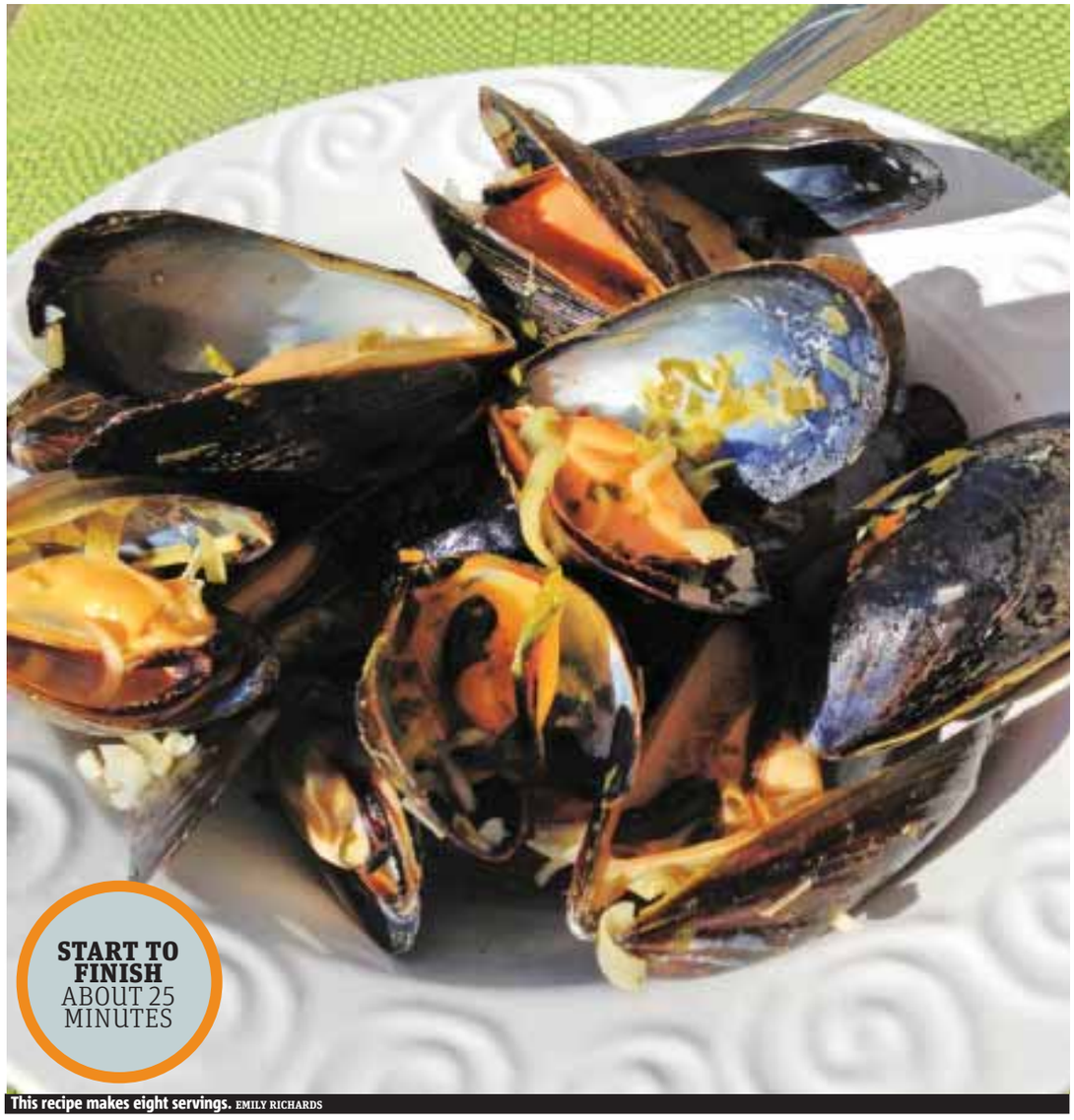
Mussel your way to Thai flavours



This recipe makes eight servings. EMILY RICHARDS

Steamed Lemongrass Mussels. To cool or not to cool? The choice is yours with this refreshing dinner option

DINNER EXPRESS
Emily Richards
food@metronews.ca

Fragrant lemongrass fills the air with a citrus aroma while the mussels steam to produce a flavourful juice.

The juicy mussels are loaded with flavours that entice you into the rest of your Thai experience. This dish is great served hot or cold.

1. Trim top and end of lemongrass. Remove outer layers. Using back of knife gently bruise stalks. Cut in half lengthwise, then crosswise into thin slices.

2. In Dutch oven or large saucepan, heat oil over medium heat. Add lemongrass, garlic and pepper; cook stirring for 1 minute or until fragrant. Add wine, water, fish sauce, lime rind and juice and half of the coriander.

3. Bring to boil; add mussels. Cover and cook, stirring once, for about 5 minutes or until all mussels are open. Discard any mussels that do not open. Pour onto large platter; sprinkle with remaining coriander.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 2 stalks lemongrass
- 2 tsp (20 ml) canola oil
- 2 cloves garlic, minced
- 1 Thai bird chili pepper, sliced (or 1/4 tsp/1 ml hot pepper flakes)
- 1/4 cup (50 ml) white wine or sodium-reduced vegetable broth
- 1/4 cup (50 ml) water
- 2 tsp (10 ml) fish or sodium-reduced soy sauce
- 1/2 tsp (2 ml) grated lime rind
- 2 tbsp (25 ml) fresh lime juice
- 1/2 cup (125 ml) chopped fresh coriander
- 2 pkgs (907 g each) mussels, bearded and rinsed

Chill out!

Chilled Option: Cook as above. Transfer mussels to bowl. Boil liquid for about 5 minutes or until reduced by half. Remove mussels from shells and add to reduced liquid. Reserve half of each shell. Cover and refrigerate mussels and shells for at least one hour or up to 24 hours. Arrange shells on lettuce-lined platter; fill each with mussel and drizzle remaining liquid over top; sprinkle with remaining coriander.

Dig in and be as happy as a clam

White clams, bacon, mushrooms, sweet green peas, roasted tomatoes, and garlic in a white wine cream sauce, finished with shaved Parmesan. Need we say more?

To make this dish even easier, you can purchase cooked, frozen clams from the seafood section of your local grocery store.

Many bags come with clam juice already inside.

Ingredients

- 4 tbps (60 ml) butter
- 4 tsp (20 ml) olive oil
- 5 cloves garlic, finely chopped
- 10 button mushrooms, thinly sliced
- 1/4 cup (60 ml) white wine
- 1/4 cup (60 ml) clam juice
- 20 cherry tomatoes
- 3/4 cup (180 ml) 35% Cream
- 40 white clams, cooked, drained
- 1/2 cup (120 ml) green peas
- 6 slices bacon, cooked, finely chopped
- 4 cups linguini, cooked
- Salt and pepper
- 1/4 cup (60 ml) Parmesan cheese
- 1 bunch parsley, chopped

1. Melt the butter and olive oil in large saucepan on medium high heat until both are bubbling.

2. Add the chopped garlic and mushrooms. Sauté for about one minute. Add the white wine and clam juice. Reduce until liquid is about half gone.

3. Add the cherry tomatoes and stir for 30 seconds. Add cream and reduce heat to medium. Allow cream to bubble for about 30 seconds.

4. Add clams, peas and bacon. Gently stir pan until all ingredients are coated. Season with a few pinches of salt and pepper.

5. Add linguini. Gently stir again until all pasta is coated in sauce. Remove from heat.

6. Divide pasta evenly into four serving bowls. Sprinkle each bowl with Parmesan cheese and parsley.

RECIPE FROM CHEF BRYAN JUREK OF FIONN MACCOOL'S

This recipe serves four. FIONN MACCOOL'S

All-star game goes south for Team North

Baseball. Game between elite players in the AAIB draws nearly 7,000 spectators at Shaw Park

DARRIN BAUMING
winnipeg@metronews.ca

For the first time in four years, the American Association of Independent Baseball held an all-star game, and who better to host the two days of festivities than the baseball club the league sees as its best-run organization?

The Winnipeg Goldeyes have been named the American Association Organization of the Year in each of the past three seasons, so naming Winnipeg the host of Tuesday's all-star game was a no-brainer.

And the local fans agreed as an impressive crowd of 6,889 came out to Shaw Park to cheer on the six Goldeyes selected to Team North; Casey Haerther, Tyler Kuhn, Chris Kissock, Ryan Pineda, Luis Alen and Donnie Webb.

Team South came away with a 7-0 victory by eventually doing offensive damage in what began as a pitching duel.

Leadoff solo-dingers from Laredo Lemurs shortstop Devin Goodwin in the fourth and Kansas City T-Bones outfielder David Espinosa in the sixth put Team South ahead 2-0.

The floodgates opened in the ninth when five insurance runs were tacked on.

The North's top performer was Sioux City Explorers pitcher Patrick Johnson who struck out all three batters he faced in the eighth.

Goodwin was named the game's most valuable player with his 2-for-4 day at the dish, adding a double to his home run.

Winnipeg Goldeyes outfielder Donnie Webb takes a cut during the American Association All-Star Game on Tuesday night at Shaw Park. COURTESY WINNIPEG GOLDEYES

Complaint

UNB's hockey discrimination case will proceed

A complaint of discrimination over a decision by the University of New Brunswick to eliminate varsity women's hockey will proceed, after a tribunal on Tuesday rejected the school's attempt to have the case thrown out.

Sylvia Bryson has been fighting to have the women's hockey team reinstated as a varsity squad since filing her complaint in 2009, a year after the team was stripped of its funding and downgraded to a competitive sports club.

Bryson, who played for the team, alleges that the decision to downgrade the women's team constitutes discrimination on the basis of sex. THE CANADIAN PRESS

NFL

Sensitivity training ramped up

To guard against another Miami Dolphins bullying scandal, NFL teams are holding sensitivity sessions during training camp.

Such guidance could be valuable for St. Louis Rams players, even if by all accounts they've welcomed Michael Sam, the NFL's first openly gay player, into the fold.

The worst hazing Rams rookies face is toting veteran players' helmets off the practice field. Coach Jeff Fisher says no one is made to sing at dinner time. THE ASSOCIATED PRESS

Warner on the mark with career choice

Damian Warner prepares for a throw in the javelin during the decathlon in Glasgow, Scotland, on Tuesday. CAMERON SPENCER/GETTY IMAGES

Damian Warner's choice to pursue a career in track and field has paid off with a gold medal.

The 24-year-old from London, Ont., won the men's decathlon in dominant fashion Tuesday at the Commonwealth Games.

The victory was Warner's first on the international stage, and he spent his victory lap stopping to meet all the kids clamouring for pictures.

"It's always awesome, running around with the country's flag," he said. "I tell ya, we took a lot of selfies out there, a lot of those kids have their cellphones out."

Warner scored 8,282 to win his only decathlon of the season; he was hampered earlier by a leg injury. England's Ashley Bryant won the silver with 8,109 points.

Growing up, Warner considered pursuing basketball or football — he was strong in both, and was and still is a huge Toronto Raptors and Vince Carter fan.

He didn't choose decathlon until after high school and said there is plenty to learn before the Rio Olympics, where he's sure to be a medal favourite.

"The biggest thing I learned (in Glasgow) is you've just always got to compete," he said. "The last couple of days I've had some events that I was not happy about, but I've got to get on to the next one.

"It's something you've got to keep imprinting on your brain. You get upset about events, you've just got to keep moving forward and keep working." THE CANADIAN PRESS

AUGMENTED REALITY

→ Scan the image with your Metro News app to view a gallery of more action from around Glasgow.

metro AR

→ See the full instructions on Metro's Voices page.

Frolik re-signs with Jets for another year

Czech forward. Just short of going to arbitration, both sides agree to a deal worth $3.3-million US

Czech forward Michael Frolik had 42 points in 81 games last season. RICHARD WOLOWICZ/GETTY IMAGES FILE

The Winnipeg Jets re-signed forward Michael Frolik to a $3.3-million US, one-year contract Tuesday.

Frolik had 42 points (15 goals, 27 assists) in 81 games with the Jets last season. The two sides were scheduled to go to salary arbitration on Thursday.

"He plays with energy, he kills penalties, he's versatile," Jets general manager Kevin Cheveldayoff said on a conference call. "It really comes back to that he's just a tremendous person on and off the ice."

The 26-year-old native of Kladno, Czech Republic, has 193 career points (76-117) and 137 penalty minutes in 430 career NHL games with Florida, Chicago and Winnipeg.

Frolik was acquired by the Jets from the Chicago Blackhawks on June 30, 2013, in exchange for Winnipeg's third- and fifth-round picks in the 2013 NHL draft. He was originally drafted by the Florida Panthers in the first round (10th overall) in 2006.

THE CANADIAN PRESS

NFL

Bills' sale is on, Toronto may land possible move

A bidding war which could see an NFL franchise land in Toronto kicked into high gear Tuesday.

Investors looking to buy the Buffalo Bills had until 5 p.m. to submit initial, non-binding bids to investment banking firm Morgan Stanley and law firm Proskauer Rose, which are handling the sale of the team for the estate of former owner Ralph Wilson, who died in March.

Among the bidders expected to drive the price of the Bills over the $1 billion (U.S.) mark is a group featuring Larry Tanenbaum, chairman of Maple Leaf Sports and Entertainment, Edward Rogers, deputy chairman of Rogers Communications and rocker Jon Bon Jovi. Through spokespeople, Tanenbaum, Rogers and Bon Jovi all declined to comment.

TORSTAR NEWS SERVICE

Five-year deal

Leafs to re-sign Jake Gardiner

The Maple Leafs have gone all-in on Jake Gardiner, giving the defenceman a five-year contract, according to Sportsnet.

Gardiner is the last of the Leafs' restricted free agents to sign a deal.

According to Sportsnet, the deal is worth $20.25 million for a cap hit of $4.05 million. The deal makes the smooth-skating Gardiner the team's second-highest-paid defenceman, behind captain Dion Phaneuf ($7 million salary cap).

TORSTAR NEWS SERVICE

Jake Gardiner. GETTY IMAGES

MLB

Utley's grand slam helps Philies beat Mets

Cole Hamels pitched eight shutout innings and finally got some run support when Chase Utley hit a grand slam as the Philadelphia Phillies beat the New York Mets 6-0 on Tuesday night.

Hamels (6-5) has won three straight starts for the first time in almost two years. He retired the final 13 batters to lower his ERA to 2.55. In his last three outings, he has 27 strikeouts and one walk.

For a while, it looked as though this one might end like his last two, 2-1 wins over the Braves and Giants. But with the Phillies up 2-0 and two outs in the seventh, Mets starter Dillon Gee (4-4) suddenly lost his control.

Gee left with the bases loaded and Josh Edgin came on for a lefty-lefty matchup. Utley drilled a 2-2 pitch into the upper deck in right field for his fifth career grand slam and first since 2010.

THE ASSOCIATED PRESS

Ninth win in 11. Stroman pitches seven strong to help Jays beat Boston 4-2

Marcus Stroman had his second solid start against Boston in five days, Colby Rasmus hit a solo homer and the Toronto Blue Jays beat the Red Sox 4-2 on Tuesday night.

Anthony Gose had a tie-breaking two-run double for the Blue Jays, who won for the ninth time in 11 games and improved to 9-3 against the Red Sox this season.

Xander Bogaerts homered and Dustin Pedroia added an RBI double for Boston, which has dropped all five games in Fenway Park against Toronto.

The Red Sox lost for the seventh time in eight games.

Stroman (7-2) held Boston to one run and six hits in seven innings, striking out eight and walking two. He took a no-hitter into the seventh last Thursday before giving up Shane Victorino's leadoff single for his only hit allowed in seven innings.

Casey Janssen got the final three outs for his 17th save despite giving up Bogaerts' homer.

Rubby De La Rosa (3-4) gave up three runs on nine hits in six innings.

Marcus Stroman THE ASSOCIATED PRESS

The Blue Jays beat Boston in the opener of the three-game series on Monday.

Gose's two-out, two-run double snapped a 1-all tie and pushed the Blue Jays ahead in the sixth. Juan Francisco and Rasmus singled before advancing on Munenori Kawasaki's sacrifice bunt.

Rasmus' homer into the centre-field bleachers gave Toronto a 1-0 lead in the second, but Boston tied it on Pedroia's RBI double.

THE ASSOCIATED PRESS

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2014 Kia Forte Koup

- **Type:** Two-door, front-wheel-drive compact coupe
- **Engines:** 2.0-litre four-cylinder (173 hp), 1.6-litre turbo four (201 hp)
- **Transmission.** Six-speed manual, six-speed automatic
- **Base price.** $22,480, including destination

Market position

For folks seeking a sporty looking car that is also fun to drive, practical, and relatively cheap to buy and operate. Prime demographic is young people and empty nesters, who don't need four doors and a big back seat. Design officer Peter Schreyer is pushing Kia design toward a European look and feel.

Points

- Shares underpinnings with its corporate cousin, the Hyundai Elantra.
- This is the second generation for Koup, and the first to get a turbo-charged engine option.
- Looks the sportiest of the Forte clan, but the five-door also gets the extra sporty stuff, like turbo engine offering and suspension tweaks.

The sleek roofline compromises rear visibility and trunk access.

Safety features

Six airbags, obstacle-detecting power windows, child-seat tethers, rear parking camera, automatic headlights, side-view mirror signal repeaters, four-wheel disc brakes with ABS, electronic stability control, vehicle stability management, hill assist control, auto dimming rear mirror.

Sporty Koup lacks edginess

PHOTOS: MIKE GOETZ

Review. Two-door version of Kia's Forte gets more of everything over sedan

MIKE GOETZ
drive@metronews.ca

With the arrival of the all-new Kia Forte sedan, it was just a matter of time before the five-door hatchbacks and two-door coupes showed up.

As it did with the previous generation of Fortes, Kia decided to give the two-door model its own name: the Koup. And the company has honestly tried to make the Koup its own vehicle.

The 2014 Koup only shares its hood and front fenders with its siblings, and flaunts more of everything compared to its predecessor — more power, more style, a longer and wider stance, and just a wee bit more rear-seat legroom.

The coupe format prioritizes the driver's needs for style and at-the-wheel fun. It's perfect, for example, for young people who have yet to experience the misery (or joy) of having to concern themselves with the all-encompassing needs of offspring.

New engines include a 2.0-litre direct-injection four cylinder, which grunts out 173 horsepower, the equal amount of the previous 2.4-litre engine, and a 201-hp, 1.6-litre turbo, which debuted earlier as the upgraded engine for the Veloster — the other compact sporty coupe in the Hyundai-Kia arsenal.

The modern, quiet cabin is built with high-grade materials.

That turbo, only available on the Koup's up-level SX trim, seems to suggest Kia might be eyeing the upper echelons of the compact sports coupe wars, where the Honda Civic Si and Golf GTi screech their tires.

Even with the new engine, however, the Koup is not really positioned to prosper in that subcategory, which appeals more to outright gearheads. The Koup doesn't have the steering feel and overall edginess of those two.

But we're sure Kia was aiming for a different experience, anyway, one where the driver can confidently fling the vehicle around, and bask in a style and interior experience that belies its price class.

This personal-luxury feel is created by a very quiet cabin, built with high-grade materials and rendered in a modern style.

The sleek roofline means compromises to rear visibility and the size of the trunk access. But the trunk is fairly large, and the rear seats fold forward. It was easy to slide my bicycle into the back.

Friends may have trouble getting into the rear seats, but, overall, the Koup is a very upbeat vehicle that you and your friends will enjoy.

Compare

1 Honda Civic Coupe
Base price: $20,523
Si version is class of the compact sports coupe field.

2 Volkswagen Golf
Base price:$20,605
All-new for 2015. As always, adept at handling and interior packaging.

3 Hyundai Veloster
Base price: $21,544
Unique style not for everyone. Third door aids access.

DRIVE

Dodge gets as much as 707 horsepower out of its Challenger engine. CHRYSLER CANADA

Tweaks, turbos and air flow boost power

Driving Force. From race cars to family cars, there are several ways to improve performance

JIL MCINTOSH
drive@metronews.ca

Whether it's to make a sports car faster, or for better performance in an everyday car, auto manufacturers often increase the horsepower in their engines. In some cases, they'll even tweak a single engine design to get a lower- and higher-horsepower version out of it. It's a process that involves several methods, alone or in combination.

"Horsepower is the measure of work an engine can do," says Chris Nowak, senior manager of product development for Chrysler's Mopar division. "With any amount of fuel into the engine, it's how much useful motion I can get out of the car."

Most cars run on gasoline, but they mix it with large volumes of air and then burn this volatile vapour to create power. It isn't enough to just pour in more gas. "At some point, you will saturate the engine and it won't run properly," Nowak says. "You want to add more air."

One way to do this is to add a turbocharger or supercharger. These devices attach to the engine and force air into it when more power is needed, such as when you press hard on the throttle. The engine's computers respond by increasing the flow of fuel, which in turn increases the power. When extra air goes in, it has to go out to make room for more, so engineers also improve how the engine "breathes."

A freer-flowing exhaust system will still muffle the sound and reduce pollutants, but it reduces back pressure on the engine. Engineers carefully balance the air going into the engine with the amount going out.

Another step is to calibrate the engine by programming its control module.

"The calibration tells the engine how to mix the air and fuel, how much, and at what r.p.m.," Nowak says. "You could tune the intake or the exhaust alone, and that would give you an increase in horsepower, but the calibration is where you maximize performance."

Some performance kits include a cold-air intake, which draws cool fresh air into the engine, rather than the hot air in the engine compartment. Cold air is denser, so more oxygen is drawn in, which more effectively burns in the combustion chamber to power the engine.

Race-car drivers increase horsepower by rebuilding their engines, but this can be extremely expensive. Everyday car owners can buy add-ons, such as cold-air intakes or freer-flowing exhaust systems, to get more power at a fraction of the race-car cost.

Need for speed

- "Horsepower" was coined by inventor James Watt. It's believed he measured a pony pulling up a 330-pound coal bucket 100 feet in one minute, which is 1 horsepower.
- Engines also have torque, a measurement of the twisting force that eventually turns the wheels. A car with high torque will accelerate faster than one with low torque.

Mixing and matching

"The calibration tells the engine how to mix the air and fuel ... The calibration is where you maximize performance."

Chris Nowak, product development manager at Chysler's Mopar division

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may feel you have gone as far as you can go with a project but don't give up on it yet. If you do you will most likely regret it next month when the omens are more favourable.

♉ Taurus
April 21 - May 21
There is a danger that you will overreact to criticism and say or do something that comes back to haunt you. At home and work, think before replying.

♊ Gemini
May 22 - June 21
One huge effort may get you past an obstacle, but will it have an adverse effect on your health? The planets urge you to take a more relaxed attitude to do what you have to do.

♋ Cancer
June 22 - July 23
Do something about your cash flow situation but make sure it does not risk everything. Have you convinced yourself that things are worse than they are?

♌ Leo
July 24 - Aug. 23
The Sun at odds with Neptune means your imagination is working overtime. You will be more creative than usual, but don't expect everyone else to go along with your plans.

♍ Virgo
Aug. 24 - Sept. 23
All you want is to be left alone for a while — is that too much to ask? Find a quiet place you can call your own and think about the meaning of life.

♎ Libra
Sept. 24 - Oct. 23
Everything that occurs in your life is part of a deeper plan, so don't try too hard to change things because it's unlikely to happen. Let fate take its course.

♏ Scorpio
Oct. 24 - Nov. 22
If you approach a task in a negative frame of mind, you won't much enjoy it. But if you pretend you have been looking forward to it, how easy it is might surprise you.

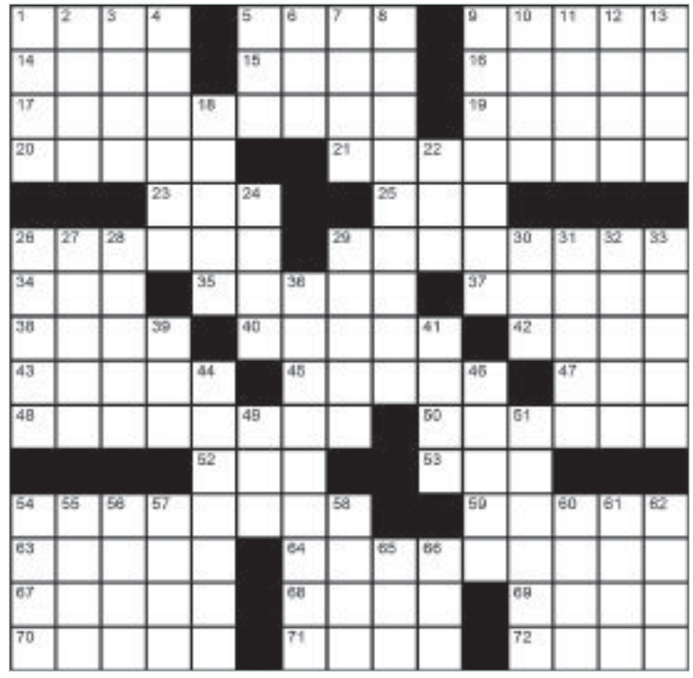
♐ Sagittarius
Nov. 23 - Dec. 21
Be open to alternative viewpoints. The world is changing faster than ever and those who don't try to keep up will get left behind quicker than they anticipated.

♑ Capricorn
Dec. 22 - Jan. 20
Don't come on too strong today or you could turn people against you and, in doing so, damage both your reputation and your earning power.

♒ Aquarius
Jan. 21 - Feb. 19
Because the Sun makes a difficult aspect to Neptune, planet of illusion, today make sure that your dreams have a solid basis in reality.

♓ Pisces
Feb. 20 - March 20
If a co-worker says something hurtful don't take it to heart. You should take it as a sign that you are on the right track. They obviously feel threatened. Keep doing what you're doing.

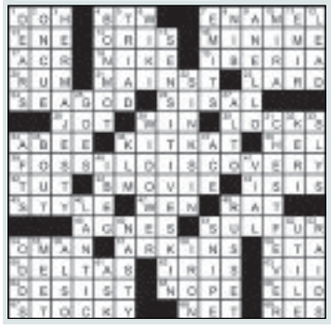
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. __ and dry
5. Gladiator's 2900
9. Please = SVP = S'il vous __
14. Bryan Adams album: '__ the Fire'
15. Brad Pitt's ancient film
16. __-Barbera (Cartoons)
17. 1971 Mordecai Richler novel, __. __ Horseman
19. Playwright Mr. Chekhov
20. Pasta selection
21. Parliament Hill ceremony, __ of the Guard
23. Deplete
25. Fruity drink
26. Light __
29. Quebec City: __ Monastery National Historic Site of Canada
34. Owned
35. __ idea (Doesn't realize): 2 wds.
37. "__ __ Acapulco" (1963) starring Elvis
38. Patron saint of Norway
40. "...to __ own self be true..." - Shakespeare
42. Water-to-wine biblical site
43. "Romeo and Juliet" actor Milo
45. Video game name
47. Bird's 'bill' in Boucherville
48. Bling for footwear
50. Michael J. Fox's mouse-voice movie, "__ Little" (1999)
52. Bible boat
53. East: French
54. Canadian ice cream company
59. Space shadow
63. Varlet
64. __ Valley, Nova Scotia
67. Grant
68. Conked out
69. Brood
70. The __ MacNeils (Celtic band from Cape Breton)
71. Canadian War Museum current exhibition... Transformations - A.Y. Jackson & __ Dix
72. Uno + dos = __

Down
1. Bit of bangs
2. Poker stake
3. Stupefy
4. Nest pest
5. Kingston Trio lettered song
6. Hosp. picture
7. Regarding [abbr.]
8. The Knack hit: 2 wds.
9. Elisha Cuthbert's hockey player hubby Dion
10. French or English, e.g.
11. Against
12. Get __ __ the ground floor
13. Orange drink mix
18. Sandy spot
22. Promos
24. "What's __?!"
26. Gets bugs to go bye-bye
27. Brandon __ (Jason Priestley role)
28. Boise's state
29. Cohesiveness
30. Captain Jean-__ Picard
31. DWTS judge Carrie Ann
32. San Francisco footballer, colloquially
33. Legislate
36. Ian Ziering movie thriller
39. Cost
41. Gaelic
44. Town in southeastern Saskatchewan
46. "__ __ to you." (Your choice!)
49. Period
51. Greatest extent
54. Zodiac creature
55. "That's __ __ Heartache Begins" by Patsy Cline
56. Culture medium
57. Contented cat's call
58. Huffy-puffy mood
60. '90s British band
61. Irritate
62. Inquires
65. Meshwork
66. Commotiom

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	5	1	2	3	7	6	8	9
8	2	3	1	9	6	7	5	4
7	9	6	4	5	8	2	1	3
1	3	4	5	6	9	8	2	7
5	8	7	3	2	1	4	9	6
9	6	2	7	8	4	5	3	1
6	4	9	8	1	5	3	7	2
3	1	5	6	7	2	9	4	8
2	7	8	9	4	3	1	6	5

TODAY'S HOROSCOPE:
Neptune is suggesting that now may be the perfect time to get the Metro News App

metro
Download the Metro News App today at metronews.ca/mobile

The fact is, it doesn't matter what you choose. All beverage containers are recyclable, regardless of what's inside. So whether it's a bottle, can, carton or juice box, be sure to drop it in a blue bin after you're done.

Enjoy it.
Recycle it.